

Mindfulness-Based Cognitive Therapy (MBCT) Treatment Group

What is MBCT?

Mindfulness means paying attention in a particular way, on purpose, in the present moment and without judgment (Kabat-Zinn, 1994). It helps you become aware of your thoughts, feelings, and bodily sensations and be present in the current moment. By increasing your awareness, mindfulness practice lets you respond to events without engaging in mental reactions that make things worse and interfere with your effectiveness. When we are aware of the present moment, we are more aware of the choices open to us.

Who is this group for?

This group is for people who have struggled with depression and want to stop it from happening again. It is best suited for people who are not actively experiencing a depressive episode. The goal of this group is to improve your chance of preventing further depression. You will do this by learning skills that help you experience your thoughts and feelings differently.

What will I learn?

You will learn about different parts of mindfulness practice such as:

- Noticing “automatic pilot”
- Increasing awareness
- Being present moment by moment
- Rumination (over-thinking or obsessive worrying) and scattered thoughts
- Avoidance and aversion
- Allowing and letting be
- Seeing thoughts as thoughts instead of facts
- Self-care, self-compassion, and kindness
- You will also learn how to use what you have learned to deal with future difficulties and moods

Who will be there?

There are usually 2 group leaders who work in Community Mental Health, and up to 12 group members who share concerns similar to yours.

What will be expected of me?

Daily personal practice is a large and important part of mindfulness. You must be willing to commit to practicing the techniques you learned outside of the sessions. We ask you to attend the group and practice at home with a spirit of patience and commitment. Put the time and effort into your mindfulness practice and keep in mind that you may not see results right away. Be patient. Going to all of the sessions is important. Please let one of the group leaders know if you can't be there. **It can be hard to come back if you miss a session, but it is worth it.** If you miss more than 2 sessions, you may be asked to join the next group to make sure you get the full benefit of the material. Wear comfortable clothing and bring a light blanket if you like.

When and where does this group meet?

This treatment group is offered at different Community Mental Health Clinics 2-3 times a year. Each session lasts 2 hours each week for 8 weeks. The Mental Health clinician who refers you will tell you the dates and locations for the next group being offered.

Will this group help me?

Depression is a very common problem. This group will help you learn new ways to understand what goes on in your mind. It will also let you share your experiences with other group members based on your own comfort level. Research and clinical studies of hundreds of people have shown that MBCT can greatly lower the chance of depression returning. By trying all the mindfulness practices, you may find ones that are useful to you.

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*Prepared by: Mental Health and Addictions (Halifax, Eastern Shore and West Hants) ©
Designed by: Nova Scotia Health Authority, Central Zone Patient Education Team
Printed by: Dalhousie University Print Centre*

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